John is a 35 year-old seminarian who is in his first year of theology. Prior to entering the seminary he was a special education teacher in a Catholic high school. He enjoyed working with smaller groups of students even though he was always anxious about whether or not he was doing a good job. Since coming to the seminary, John spends most of his free time studying. When the other seminarians invite him to go out, he usually begs off saying that he has a paper due or is studying for a test. At times John seems to enjoy it when a small group of the seminarians convince him to go with them to a movie.

The other seminarians have noticed that John seems to be quite anxious most of the time and is usually very uptight when he has an upcoming class presentation. He either stays up late to prepare or if he does go to bed, he often has trouble sleeping. Although John manages to "get through" these times, he usually perspires profusely and at times his hands shake. When a few of the seminarians teased him about "the shakes," he became highly embarrassed and feared that they were judging him. Although John is a good student and has a real desire to be of service to others, the Rector is concerned about John's continual worrying about how well he is doing, about his avoidance of public presentations, and his increasing withdrawal from interaction with his classmates. When the Rector spoke with John about his anxiety, John said "I know I am more fearful than I need to be and I'm not sure why or what to do about it."

Amy, age 38, is a worrier. She is restless, irritable and has difficulty concentrating. She worries that she worries so much and isn't always sure what it is that she is worried about. She can't let her husband or children leave the house without making them call her regularly to reassure her that they are okay. Her husband is growing weary of her fretting. Her children can't understand what all the fuss is about. Their impatience with her only makes her worry more.

Annie is a 20-year-old student at a local community college. On several occasions recently, she has experienced sudden, absolute panic. During these episodes, her heart pounds; she trembles; her mouth gets dry and it feels as if the walls are caving in. The feelings only last a few minutes but, when they occur, the only thing that seems to relieve her fear is walking around her apartment and reminding herself that she is in control. She won't ride in cars any more unless she is driving so she is sure that she can stop if necessary. She will only go to class if she can find an aisle seat in the back row so that she can leave quietly should she have another attack. She avoids any situation in which she might feel out of control or embarrassed by her own terror.

Bert is 40 years old and works on an assembly line in a brush factory. He is terribly afraid of being contaminated by germs. He avoids shaking hands with others. He won't eat in the cafeteria. He has trouble leaving the bathroom because he isn't sure he has washed his hands well enough.

A 29-year-old female experienced took an academic trip to China.During the trip, she was found in a hotel bathroom unconscious, with no signs of structural or neurologic abnormalities or alcohol or chemical consumption. The woman was sent home but could not remember her name, address, family, or any facts about her home life. The amnesia persisted for nearly 10 months, until the feeling of blood on the woman's fingers triggered the recollection of events from the night of onset of the amnesia, and, subsequently, other facts and events. The woman finally remembered having witnessed a murder that night in China. She recalled being unable to help the victim out of fear for her own safety. She came to remember other aspects of her life; however, some memories remain unretrievable.